

Moving Day® Kansas City FAQ

What is Moving Day®? Moving Day® is the National Parkinson Foundation's annual fundraising walk event. It is a fun and inspiring fundraising event that unites families, friends and communities both large and small in the fight against Parkinson's disease (PD). This celebration of movement will feature a family friendly walk course, a kids' area, a Mission tent and a special Movement Pavilion featuring yoga, Rock Steady Boxing, LSVT BIG Therapy, and Power Moves, all proven to help manage the symptoms of PD.

It is "A day to move, a day to move others, a day that moves YOU!" We encourage you to visit our website www.parkinson.org to find out how you can participate!

Is there a fee to participate? Is this a timed race? No! While we hope that everyone chooses to raise funds to fight Parkinson's Disease, the purpose of this event is to raise awareness about PD and celebrate movement. Join us to learn, find resources and just have fun!

Do I have to register? Yes. Just go to our website at www.MovingDayKansasCity.org to register: as an individual walking for a specific team, as an individual donor to a specific team and/or as a team captain of a new/returning team.

What time does the walk start? The walk begins at 9:30. Click [here](#) (link to main page) to see a schedule of events.

What is the route like? Can I be successful in a wheelchair, using a walker or pushing a stroller? We have a route for everyone! One loop around the Memorial Mall is ½ a mile of paved path that is mostly level except for one slight incline area. Two times around is 1 mile. A 3-mile route is also available; however, it is not recommended for wheelchairs or strollers due to gradual hills along the way.

I don't want to walk. Is there something for me? Of course! You can skip the walk and enjoy Rock Steady Boxing or LSVT BIG Therapy in the Movement Pavilion. You can also enjoy the Mission Tent, the Resource Pavilion, the Food Tent or spend time with your younger team members at the Kids' Tent.

How do I get a Moving Day® Event t-shirt? Donate or raise \$100.

Where and when do I turn in my donations? We have an option for everyone!

1. Make donations online at www.MovingDayKansasCity.org by finding your favorite participant or team. Once you find them, click on the "Donate Now" button and make your donation!
2. Don't have a particular team/individual you are supporting? You can still make a donation online! Just find the Heartland Chapter Team and make your donation straight to the Chapter.
3. Avoid the registration line to day of the event by attending **our Pre-Event Registration Party on June 7th from 4:00pm to 8:00pm!** It will be at the Heartland Chapter, 8900 State Line Road, Suite 320, Leawood, KS (north end of the building). Meet other participants, tour our chapter office and enjoy some snacks as you register, turn in money, and/or pick up your t-shirts!
4. Bring your donations with you the day of the event. We will have volunteers collecting donations at the Registration Tent.
5. Contact Brian at (913) 341-8828 or briegel@parkinson.org for other options.

I raised enough for other incentive prizes besides a t-shirt. When do I get it? All other incentive prizes will be sent out about one month after the July 10 deadline to turn in donations.

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How long do I have to fund raise to qualify for incentive prizes? You have until July 10 to turn in donations to qualify for incentive prizes. Information about incentive prizes can be found [here](#).

Can I bring my kids? Of course! The route around the Memorial Mall is stroller accessible. We also have a Kids' Zone with activities just for our younger participants.

Can I bring my dog? Well behaved furry friends on a leash are welcome. You are expected to clean up after your dog by "scooping the poop."

Where do I park? Parking is available on a first-come, first-served basis in the grassy area south east of the loop leading to the World War I Museum and Memorial. There will be signage and Volunteers to direct you to a parking spot. See the map below.



What if it rains? Moving Day® is rain or shine so please dress appropriately for the weather!

Are there any "rules" for teams? The only rules are to bring your team spirit, wear your walking shoes and to have fun! You and your teammates can make your own team shirts, banners, signs, etc. to show your Moving Day® spirit! You can even do some "tailgating" before or after the event in the grassy area around the Memorial.

Will there be food? Bottled water, coffee and light snacks (fruit and bagels) will be provided at the event. You and your teammates are welcome to bring a picnic to enjoy if you wish something more substantial. This is a family event so we ask that you do not bring alcohol.

Who do I contact if I still have questions? For up to the minute event information, visit our website at www.MovingDayKansasCity.org OR contact Community Development Manager Brian Riegel at (913) 341-8828 or briegel@parkinson.org.